

# The State Employee Wellness Center's August Newsletter

See what's happening at the Wellness Center and how you can stay healthy during the summer.

## **Membership Information**

For more information on joining the Wellness Center, please visit our website or call 303-866-2213 for an appointment. For our membership packet and wellness program information, visit

<http://www.colorado.gov/dpa/wellnesscenter/index.htm>.

## **August Membership Special**

The Wellness Center is turning three in August and we are promoting our best membership special of the year. If you join the Wellness Center between August 21<sup>st</sup> and 25<sup>th</sup>, pay only \$3! To take advantage of this great offer, call 303-866-2213 or visit our website for the complete flyer (click on "Fitness Center Specials").

## **Group Fitness Class Schedule**

The Wellness Center offers 10 fitness classes throughout each week, and all classes are FREE to members with the exception of Power Yoga and Hatha Yoga, which cost \$42 for 8 classes. August's Class of the Month is "Arms and Abs" and "Legs and Back". We split up the usual 45-minute class into two shorter, 20-minute classes. If you are unable to make a 45-minute class, you can attend either "Arms and Abs" from 12:00-12:20, or "Legs and Back" from 12:20-12:40. For the complete fitness class schedule, visit <http://www.colorado.gov/dpa/wellnesscenter/index.htm> and click on "Group Fitness Classes".

## **The Wellness Center is Turning Three!**

We are celebrating our third year of service to State employees on Thursday, August 24<sup>th</sup>. We will have the best membership special of the year, fun games, a recipe bake-off, and we will announce our 2006 Healthy Hero. Please call 303-866-2213 for more information.

## **Member Recognition**

Each month we recognize one member who has made huge achievements in the area of wellness. Please read the following amazing story about Deb B. and her dedication to a healthy lifestyle.

Deb has struggled with weight-loss for many years. She joined the P.E.A.K. Weight Management program in January 2005 and lost 18 pounds. In January 2006, she joined the program again and learned how to change her

lifestyle habits to eat healthier. Since January, she has lost another 27 pounds, for a grand total of 45! Deb has learned to do exercise that feels great for her body, to read food labels to make healthy decisions of what to eat, and that improvement comes in small increments that add up to huge changes.

### **First Aid 101**

Minor cuts and scrapes typically don't require a trip to the emergency room, but proper care is essential to avoid infection or other complications. The following guidelines can help you care for simple wounds:

1. Stop the bleeding: Minor cuts and scrapes usually stop bleeding on their own. If they don't, apply gentle pressure with a clean cloth or bandage, holding the pressure continuously for 20-30 minutes. Don't keep checking to see if the bleeding has stopped as this might cause damage or dislodge the fresh clot that is forming and cause bleeding to resume. If the blood spurts or continues to flow after continuous pressure, seek medical assistance.
2. Clean the wound: Rinse out the wound with clear water. Soap can irritate the wound, so try to keep it out of the actual wound. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles. If debris remains embedded in the wound after cleaning, see your doctor. Thorough wound cleaning reduces the risk of tetanus. To clean the area around the wound, use soap and a washcloth. There's no need to use hydrogen peroxide, iodine or an iodine-containing cleanser. These substances irritate living cells. If you choose to use them, don't apply them directly on the wound.
3. Apply an antibiotic: After you clean the wound, apply a thin layer of an antibiotic cream or ointment such as Neosporin or Polysporin to help keep the surface moist. The products don't make the wound heal faster, but they can discourage infection and allow your body's healing process to close the wound more efficiently. Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.
4. Cover the wound: Bandages can help keep the wound clean and keep harmful bacteria out. After the wound has healed enough to make infection unlikely, exposure to the air will speed wound healing.
5. Change the dressing: Change the dressing at least daily or whenever it becomes wet or dirty. If you're allergic to the adhesive used in most bandages, switch to adhesive-free dressings or sterile gauze held in place with paper tape, gauze roll or a loosely applied elastic bandage. These supplies generally are available at pharmacies.
6. Get stitches for deep wounds: A wound that cuts deeply through the skin or is gaping or jagged-edged and has fat or muscle protruding usually requires

stitches. A strip or two of surgical tape may hold a minor cut together, but if you can't easily close the mouth of the wound, see your doctor as soon as possible. Proper closure within a few hours minimizes the risk of infection.

7. Watch for signs of infection: See your doctor if the wound isn't healing or you notice any redness, drainage, warmth, or swelling.

8. Get a tetanus shot: Doctors recommend you get a tetanus shot every 10 years. If your wound is deep or dirty and your last shot was more than five years ago, your doctor may recommend a tetanus booster. Get the booster within 48 hours of the injury.

The Wellness Center has two first aid kits full of supplies. The Cardio Room First Aid Kit is next to the sink on the wall, and the Weight Room First Aid Kit is next to the file cabinets on the wall near the Dip/Pullup Assist machine. Please make sure you note the location of these next time you workout just so you are aware.

### **\*This or That?**

Which drink will boost your intake of vitamins?

#### **7UP Plus – Mixed Berry**

#### **Propel Calcium – Mixed Berry**

Vitamin-enhanced beverages that are low in calories are getting a lot of attention lately. Even sodas are trying to get in on the action! 7UP Plus is made with real fruit juice and has added calcium. It's low in calories (5 calories per 8-ounce serving) and sweetened with Splenda, but is there any "plus" to it besides the added calcium? Propel fitness water recently introduced calcium-enhanced versions of their low-cal flavored waters. Both of these drinks contain 10% of your daily value of calcium in one serving, but which one will help you boost your intake of other vitamins?

### **Did you know...**

Love sweet red, green, and yellow bell peppers? Know which are most healthful?

The red and yellow ones -- they have almost twice as much vitamin C as their green siblings. And getting an ample supply of C is credited with reducing the risk of stroke, one of the most common causes of death and disability in Americans.

Source: [www.realage.com](http://www.realage.com)

### **Recipe of the Month**

#### **Rustic Roasted Veggies**

Serves: 6

These bite-sized morsels are so savory and juicy they will explode in your

mouth. Roasting them adds a depth and richness that transforms ordinary cooked vegetables into something elegant. Reprinted with permission from HOW IT ALL VEGAN! by Tanya Barnard and Sarah Kramer (www.GoVegan.net), Arsenal Pulp Press.

### **INGREDIENTS**

2-4 medium carrots, chopped  
2-3 medium potatoes, chopped  
8-10 gloves garlic, peeled  
6-8 mushrooms, halved  
1 small yam, cubed  
1/2 lb medium tofu, cubed  
2-4 tbsp olive oil  
1 tbsp dill  
2 tbsp rosemary  
cracked chilies (to taste)  
salt (to taste)  
pepper (to taste)

### **DIRECTIONS**

1. Preheat oven to 350F. Place the vegetables and tofu on lightly oiled cookie sheet or lasagna pan and drizzle olive oil over them. Sprinkle with dill, rosemary, chilies, salt, and pepper and mix together until well incorporated.  
2. Bake for 40-60 minutes, stirring every 10 minutes. Remove from oven when potatoes can be pierced easily with a fork.

### **NUTRITION INFO**

Calories: 219  
Fat: 10.4 g  
Carbohydrates: 25.1 g  
Protein: 9.3 g

### **\*This or That Answer**

Propel with Calcium wins! Also low in calories (10 calories per 8-ounce serving), it also provides you with an additional 25% of your daily value of energy-enhancing B-vitamins, including B6, B12, niacin, and pantothenic acid. 7UP Plus contains the same amount of calcium, but lacks additional nutrients. Studies show that people who drink flavored waters tend to drink more water. So if you're finding yourself low on hydration or craving something sweeter than plain old water, Propel with Calcium is a great choice.

Source: [www.sparkpeople.com](http://www.sparkpeople.com)

**MAKE IT A GREAT MONTH!**

Jill Ferguson  
Fitness Center Manager